

10 km Training Clinic



Esquimalt's own
**14 week 10K training
program for runners
or walkers.**

Registration Includes:

- 14 Week Program
- Training Log Book
- Entry to the LifeMark Health 5K
- Entry to the TC 10K
- 10 x Admission Pass to Esquimalt Recreation



FRONT RUNNERS

**Program Partner:
Frontrunners**

Esquimalt 10K Program Registrants
are entered to **WIN** Running
Shoes (\$150 value)

**BEST VALUE of any
clinic in town!**

Saturdays, Jan 21 - Apr 21
9:00 - 11:00 am \$120/14



Esquimalt Parks
& Recreation

Esquimalt Recreation Centre

527 Fraser St.

250.412.8500/412-8510

www.esquimalt.ca



@EsquimaltRec

esquimalt.ca/recreation

 **ESQUIMALT**
PARKS + RECREATION